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Bangalore Mirror

TEMP Max 28 | Min 18 | Humidity 54% Clear with periodic clouds Sensex 71,500 | Nifty 21,571 | Gold 61,636 | Silver 71,588 | Dollar 83.20 | Euro 90.31 | GBP 105.26

Bengaluru recorded highest number of underage pregnancies in state between January and November 2023, data shows

COMING OF AGE

Of 28,657 cases in Karnataka, 2,815 in city

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TWEETS @BangaloreMIRROR

MART PRODUCTION/PEXELS

According to the Karnataka State Children Rights Protection Commission, Karnataka has reported 28,657 cases of underage pregnancies (below 18 years), with Bengaluru recording the highest number of cases, followed by Belagavi and Vijaypura districts. Bengaluru recorded 2,815 cases.

Belagavi and Vijayapur districts came in second and third positions respectively, with 2,754 and 2,004 cases recorded between January to November 2023, showed data from the reproductive and child health portal of the National Health Mission.

Dr Chandrika Anand, consultant, obstetrics and gynaecology, Fortis Hospitals, Nagarbhavi, told Bangalore Mirror that teenage pregnancies can have various health impacts on young women, including increased risks of complications during pregnancy and childbirth.

"Teenage mothers are at higher risk of complications during pregnancy, such as anemia, high blood pressure, and preterm birth. Babies born to teenage mothers often have a higher likelihood of being born with low birth weight, which can lead to various health issues for the infant," she explained.

> **"Teenage mothers are at higher risk of complications during pregnancy, such as anemia, high blood pressure, and preterm birth**
> — Dr Chandrika Anand, gynaecologist, Fortis Hospitals

Furthermore, she noted that teenagers are less likely to seek timely and adequate prenatal care, which can contribute to health problems for both the mother and the baby.

Even if the pregnancy ends in termination, it is not healthy for an underage woman to undergo physical and mental turmoil, the doctor said.

Along with this, teenage mothers may face challenges in completing their education and establishing stable careers, impacting their long-term economic well-being.

CONTINUED ON PAGE 2 »

Muck in the air

Only 1.01% of Rs 541.7 cr allocated to city under clean air initiative utilised

| Garima Prasher
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TWEETS @BangaloreMIRROR

Between 2019 and 2023, the Union government has disbursed Rs 541.1 crore to Bengaluru under the National Clean Air Programme (NCAP).

However, only 1.01% of this amount - Rs 5.47 crore - has been utilised so far to take mitigation measures against air pollution.

This has put Bengaluru on the third spot in the list of cities that have underutilised NCAP funds. The two cities above Bengaluru are Visakhapatnam and Nashik as they have spent none of the funds disbursed to them.

The analysis was drawn by Climate Trends, a research-based consulting firm, and Respirer Living Sciences, a group of climate scientists and researchers.

The Bruhat Bengaluru Mahanagara Palike (BBMP) is the implementing agency for NCAP in Bengaluru and it is responsible for spending the funds disbursed for clean air action plan. The plan should outline the work that the city is required to undertake in the short, medium, and long term.

According to city-based air quality experts and researchers, it is time that the authorities use the fund and come up with an action plan for the city. They think while traffic snarls and emission levels are very high in Bengaluru as in other cities; authorities seem to be in denial about the issue,

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Crafty era

The Grand Rajasthani Exhibition is back in town with the latest collection of artistic goodies. The exhibition-cum sale has been organised by Maaruthi Enterprises. You can explore a range of handicrafts, including Odisha tie and dye, handlooms, jewellery, carpets, jutis, marble crafts, Odisha Pattachitra painting, Madhubani paintings, and more.
Where: Banashankari Mahila Samaja, 45, 30th Main, near South Indian Bank, opp D-Mart Devegowda Petrol Pump, Banashankari 3rd Stage
When: until January 20; 10am to 9 pm

02 Rock on

The Mahindra Blues Festival is back with its 12th edition in the city. The festival is conducting the Band Hunt competition, and the selected participants will get the chance to showcase their skills to the popular musicians Ehsaan Noorani and Loy Mendonsa. **Where: AntiSocial, Lower Parel; When: January 22; 5 om onwards**

03 Talk it out

The Indian Institute of Interior Designers Regional Chapter (IIID BRC) is all set to host its fourth design festival in the city. Designuru 4.0 is a week-long bi-annual fest to be conducted with the objective of taking design to the masses. It will witness on each day an array of talks, panel discussions, design installations, exhibits, movies, workshops, and adaptive reuse, curated by leading architecture practices from the city. For more information, log on to: www.iiid.in
Where: Rangoli Metro Boulevard
When: January 19 to 25

No prayer goes to waste

Authorities at Banashankari Temple initiate zero waste practice and make sacred ground entirely litter-free; BBMP, other agencies come forward to help implement it

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In a noble initiative, Banashankari Temple, one of the largest and most revered temples in Bengaluru, is undergoing a transformation to become a plastic-free and eco-friendly space. The temple authorities, in collaboration with the Solid Waste Management Round Table (SWMRT), Bruhat Bengaluru Mahanagara Palike (BBMP), and the Zero Waste Collective, are spearheading this endeavour with the aim of making the sacred grounds near zero waste and entirely litter-free.

The temple authorities made a notable change to shift from plastic to stainless steel. All plastic covers and plates have been replaced with their more sustainable counterparts, while even the flower offerings are now presented in small butti (baskets) instead of plastic covers. The wet waste generated, such as flowers and leaves, will be meticulously composted, contributing to a significant reduction in overall waste.

The initiative extends beyond the temple walls, involving the adjacent shops as well. Vendors have been urged to replace plastic covers with steel, aligning with the broader mission to eliminate single-use plastics. This holistic approach involves active participation from the temple authorities, SWMRT, BBMP, and the Zero Waste Collective, ensuring that all stakeholders are actively engaged in this transformative journey.

Dr Shanthi Tummala, Member SWMRT and founding member of the HSR Citizen Forum, said, "The temple authorities had started the initiative of adapting to the use of steel items instead of arecanut plates as they would go to landfills. However, the vendors would still get the pooja items in plastic bags and sell them. Many devotees who could come would throw away the plastic bags on the premises. Now a slow change is being made where baskets are being used by the vendors. This apart, the camphor used to be burned with plastic, which is hazardous to the environment; hence, we have asked the vendors to only get the camphor ball instead of plastic wrapped around it. "

Vendors have been urged to replace plastic covers with steel, aligning with the broader mission to eliminate plastic usage

Tummala also pointed out that waste from the temple was being disposed of as mixed waste. Now plans are to bring in bins with signage. "Through CSR funds, we are planning to get dust bins for dry waste and biodegradable waste. Initially, volunteers will be assigned to man the bins to ensure the waste is disposed of in the right bins. The temple also has a composting unit where vegetable peels are composted. There are lemon peels that are thrown away without composting; we want to explore how we can use the peels for composting," added Tummala. Since the temple is hosting jatra starting from Thursday to January 29, officials have decided to bring in volunteers and students to ensure plastic waste is not allowed. "We want to make sure all the dry waste generated is sent for recycling. The temple authorities will also spread awareness to avoid any plastic usage inside the premises. We even want the Muzrai department to come forward and issue orders to make religious places plastic-free," she informed.

Further, BBMP will take care of the cleanliness efforts around the temple premises. Marshals have been deployed to penalise those who default on the plastic ban, reinforcing the commitment to creating a plastic-free environment. The temple, as a key participant, is actively involved in making the premises cleaner and more sustainable.

> **"We want to make sure all the dry waste generated is sent for recycling. The temple authorities will also spread awareness**
> – Dr Shanthi Tummala, SWMRT

Raj from the Ploggers Army said, "After successful waste management and reduction at Kadalekai Parishe in Basavanagudi and Malleswaram and then the recent Ragigudda Jatare, we are humbled to be part of such initiatives that involve plogs, creating awareness among vendors, and composting the temple's waste. This is like a 360-degree approach that involves the key stakeholders—residents, authorities, and BBMP."

Teenage pregnancies: Expecting the unexpected

CONTINUED FROM PAGE 1

They are also very likely to be exposed to societal judgment and stigma, affecting their emotional well-being. "Teenagers who become pregnant once may be at an increased risk of experiencing subsequent pregnancies during adolescence, leading to a cycle of challenges," she added.

"The stress and emotional challenges associated with teenage pregnancy can contribute to mental health issues such as depression and anxiety for both the mother and the child. Addressing these complications requires comprehensive support systems, including access to healthcare, education, and social services for pregnant teenagers," said Dr Chandrika.

Udupi and Mangaluru in the coastal regions of the state, known for high literacy rate, recorded the lowest numbers, with 56 and 135 underage pregnancies, respectively. When asked if sex education would help reduce the number of cases, Dr Chandrika, stressing that teenagers need to be responsible for their physical and mental health, said: "They must be given good sexual education by parents, teachers and voluntary agencies."

She added that since they are more prone to sexual transmitted diseases and mental upsets, they must avoid engaging in sexual activity: "However, if it is inevitable and they choose to have an active sex life during teenage years, it is important for them to use contraceptives like condoms along with oral contraceptive pills as they show a higher protection rate." Shashidhar Kosambe, a commission member, held the health and family welfare department responsible for underage pregnancies, alleging that the department has not filed cases with the police under section 19 of the POCSO Act 2021.

However, 'Implication of the POCSO Act in India on Adolescent Sexuality: A Policy Brief,' a report by Enfold, an NGO involved in preventing child sexual abuse, noted that a penal approach towards adolescent sexuality has impeded adolescents' right to barrier-free access to sexual and reproductive health (SRH) services.

"The National Policy for Children, 2013 also requires the state to 'provide adolescents access to information, support and services essential for their health and development'. While the Rashtriya Kishor Swasthya Karyakram (RKSK) emphasises unrestricted counselling and support to adolescents for prevention of pregnancies and safe-sex methods, the POCSO Act complicates it by obligating any person having the knowledge of commission of a sexual offence or an apprehension of the likelihood of commission of a sexual offence involving minors to report to the police. The Medical Termination of Pregnancy Act, 1971 also requires authorisation by a guardian for termination of pregnancy of a minor, making it challenging for adolescents to seek these services confidentially," the report said.

You can ace the kidney health game

Resolution for New Year and beyond: Eat healthy, tweak lifestyle choices

In light of the increasing burden of kidney diseases, doctors stress that one of the New Year resolutions should be to prioritise male fertility and kidney health. Alongside male infertility, kidney problems such as Chronic Kidney Disease (CKD), kidney stones, urinary tract infections, and kidney failures are on the rise. While kidney diseases can disrupt a person's lifestyle, timely detection through regular check-ups and treatments can prevent them. As we step into the New Year, it is crucial to adopt a healthier lifestyle, particularly focusing on men's fertility and kidney care. Lifestyle changes, coupled with timely tests and check-ups, will play a crucial role in ensuring a healthy life.

Lifestyle diseases are identified as a significant factor contributing to the rapid increase in kidney ailments, with conditions like diabetes and hypertension leading the way. The formation of kidney stones is attributed to poor lifestyle choices and a lack of exercise.

Factors such as obesity, uncontrolled diabetes and hypertension, insufficient water consumption, indulgence in junk food, and a high-salt diet contribute significantly to kidney problems.

Regular exercise can help maintain the health of your kidneys

Unhealthy habits exert additional pressure on the kidneys, leading to a gradual deterioration in their function over time. To counteract this trend, health experts stress the importance of drinking enough water to aid the normal excretion of salts and prevent the formation of stones.

Health experts stress the need to take important steps to prevent kidney problems, including the essential prevention of diabetes and hypertension. Modifying lifestyle choices, regular exercise, practising yoga and meditation, along with routine check-ups, are crucial elements of maintaining healthy kidneys. Regular kidney check-ups involving ultrasound, urine, and simple blood tests provide valuable insights into health, serving as indicators of kidney function.

> **"Modifying lifestyle choices, regular exercise, practising yoga and meditation, along with routine check-ups, are crucial to maintaining healthy kidneys**

The statistics on kidney ailments in India are alarming, with approximately 4 to 5 lakh patients suffering from kidney failure. Nearly half of these patients are unable to undergo dialysis due to financial constraints. The prevalence of kidney problems, including kidney stones and renal tract infections, reaches around 9 to 10 lakh patients each year, with 3 to 4 lakh individuals continuously suffering from CKD.

Health experts assert that taking precautions such as controlling diabetes and hypertension, following a salt-restricted diet, and undergoing regular check-ups can prevent potential renal failure in a significant number of people. Given the high costs associated with treatments like dialysis and transplantation in India, taking the right precautions becomes crucial.

Health experts suggest regular ultrasound, urine, and simple blood tests for those under 40, along with the importance of a healthy diet and exercise. For those above 40, these tests are recommended every six months. Cutting down on obesity, maintaining a healthy diet, and ensuring adequate water intake are essential for kidney health. Experts stress that there is no alternative to transplant if someone suffers from kidney damage, and few can afford the costs associated with dialysis.

One major reason why people tend to ignore kidney problems is that they are often painless, earning the term "silent killer." Regular check-ups are crucial to assess kidney functioning. The importance of preventive health check-ups is underscored by cases where timely diagnosis, such as discovering a renal tumor, has led to successful treatment.

In a city like Bengaluru, known for diverse weather patterns and associated health risks, health experts highlight the importance of prioritizing good health practices. **BMB**

ADVERTORIAL

How Can Lifestyle Changes Help Maintain a healthy Kidney

As you all know, kidneys are the organ of our fist size located at the bottom of our rib cage on either side of our spine. Kidney plays a very important role in filtering waste products produced by our body. It also helps in maintaining blood PH, electrolyte balance, bone and mineral function and in producing RBC cells. It also plays a very important role in maintaining our body blood pressure. So maintaining kidney health is very important in maintaining overall health and general wellbeing.

Following are the important lifestyle changes we all can adopt to maintain a healthy kidney.

1. **Keeping ourselves fit and active:** regular exercise like walking, running, cycling, swimming or dancing at least 30 minutes per day.
2. **Monitoring our Blood pressure:** Hypertension as we all know is an important cause for renal failure. It is very important to control our blood pressure by regular monitoring and taking anti hypertensive medications regularly as prescribed by your physician to maintain a healthy kidney.
3. **Monitoring of blood sugars:** Diabetes Mellitus is a common disease worldwide, affecting about 25 % of adult population. Roughly about 30 % of uncontrolled diabetics develop kidney problems and renal failure over a few years. It is very important to monitor and control our sugars by taking oral hypoglycemic agents and insulin as advised by your Physician to maintain healthy kidney.
4. **Monitoring weight and eating a balanced diet:** It is very important to eat healthy food like fresh fruits and vegetables, fresh ingredients that are naturally low in sodium such as cauliflower, blueberries, fish and whole grains. Avoid junk food and processed meat. If you are overweight or obese reduce your bodyweight with diet and regular exercise to maintain healthy kidney.
5. **Drink adequate water:** It is very important to drink plenty of fluid daily to keep our kidneys healthy and to avoid stone formation in kidney. At least 1.5 to 2 liters of water should be taken. Factors like climate condition, age , gender , clinical condition like kidney stone patient, pregnancy , breast feeding and overall health should be taken into consideration while deciding on water intake. Adequate water intake helps us prevent stone formation and flushing our waste products produced by our body.
6. **Stop Smoking and Moderation of alcohol intake:** Smoking is a very important risk factor for hypertension and kidney damage. Smoking also increases the risk of few kidney related cancers in the long run. It is very important to avoid smoking and stop or reduce alcohol intake to a minimal quantity to maintain a healthy kidney.
7. **Avoid over the counter pills:** As we all know that taking excessive NSAIDS like ibuprofen, naproxen and diclofenac for chronic ailments as chronic headache, body ache and Osteoarthritis can damage the kidney and may result in renal failure. Herbal medication may contain heavy metals that can also damage the kidneys. So, it is better to avoid over the counter pills to maintain healthy kidney.
8. **Get your kidney function test regularly:** It is very important for all of us to get our kidney function test and urine examination test yearly once to identify kidney ailment at the earliest. Patient with risk factors as past history kidney stones, cardiovascular disease, diabetes, hypertension, family history of renal disease , obesity and age more than 60 years should get tested for kidney function more frequently to prevent chronic kidney disease.

By adopting these simple lifestyle changes we can identify and prevent chronic kidney disease and maintain healthy kidney and overall wellbeing.

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No stop to biomedical waste dumping at lake

Residents of Rajarajeshwari Nagar point out repeated illegal dumping of biomedical waste in Hosakerehalli Lake; KSPCB officials say action will be taken against violators

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TWEETS @BangaloreMIRROR

A week after the illegally dumped bio-medical waste (BMW) debris at Hosakerehalli Lake in Rajarajeshwari Nagar was cleared, a fresh load of the harmful waste was dumped again in the lake vicinity on Wednesday morning. After recovering a bag full of BMW, residents have yet again reached out to Bruhat Bengaluru Mahanagara Palike's (BBMP) Solid Waste Management Department and Karnataka State Pollution Control Board (KSPCB) for necessary action.

"The illegal dumping of biomedical waste at the lake is refusing to cease. This is the second incident of BMW and cosmetic waste being discarded next to the water body and set on fire after we raised the issue a week ago," said a resident of the area. Last week, residents living around the lake discovered a considerable amount of bio-medical waste, including used syringes, expired medicines, cast-off gloves with blood stains, urine samples, and blood samples dumped inside and around the lake. Following the episode, officials from KSPCB inspected the area. The Solid Waste Management department of BBMP had also imposed a fine of Rs 30,000 on a clinic for the illegal disposal of biomedical waste.

BangaloreMirror
Officials investigate bio-medical waste dumping at Hosakerehalli Lake

BM's report on January 12 about officials investigating medical waste dumping at the lake

Residents say that the illegal dumping of biomedical waste at the Hosakerehalli Lake is refusing to cease; the 53-acre water body has been ailing with multiple issues for a long time (Inset) Collected biomedical waste from the lake

"Despite the fine imposed by BBMP and the site inspection conducted by KSPCB officials, biomedical waste and other kinds of waste continue to reach the lake area. We recently had an episode where cosmetic products were discarded and set on fire. This time, the waste has been disposed of next to a residential layout, adjacent to the water body. This is a cause of concern to all the residents," said Rachna Ravi Kiran, another resident.

KSPCB officials told BM that a show cause notice will be issued to the violators and action will be taken against them. However, BBMP's Lake Department will have to ensure the security and safety of the lake area.

"We cleared the waste last time with the help of BBMP marshals and the nearest common biomedical waste treatment facility. We could not identify the culprits last time. Following that, we have issued a written direction to the Lake Department of BBMP to fence the water body, install CCTV cameras, and enhance security at the lake. Regarding today's disposal, we will conduct an investigation once again and try to pinpoint the clinic or facility that has disposed of the waste, and action will be taken as per the Bio-medical Waste Management Rules, 2016," said a senior KSPCB official. Locals say the 53-acre water body has been ailing with multiple issues for a long time, and it is time that BBMP completes the rejuvenation.

> **"The lake needs fencing and a makeover. Biomedical waste being disposed of so close to a residential area is a matter of grave concern** –Mohan Kumar

"Hosakerehalli Lake needs fencing and a makeover. Some parts of the lake fall under the Padmanabhanagar constituency, and the majority of it falls under the RR Nagar constituency. While this has led to a political war between the leaders, residents are suffering. BMW being disposed of so close to a residential area is a matter of grave concern. The lake area is also being used for open urination and illegal activities," said Mohan Kumar, a resident of Sapthagiri Nagar near Hosakerehalli.

Restoration journey of Venkatappa Art Gallery begins

Finally, the much-delayed and much-needed restoration of Venkatappa Art Gallery began on Wednesday by performing a pooja in the presence of Minister for Law and Parliamentary Affairs, Legislation and Tourism HK Patil and officials from the Tourism Department. This initiative is further to the memorandum of understanding (MoU) signed between Brigade Group and the Department of Archaeology, Museums and Heritage in the presence of Chief Minister Siddaramaiah and MR Jaishankar in September 2023. The restoration work is expected to be completed before the Dasara festival.

Speaking on the occasion, HK Patil said that he was delighted that, just over two and a half months after the signing of the MoU between the government of Karnataka and the Brigade Foundation, the work has commenced. "We are confident that the Brigade will successfully complete the restoration work by Dasara, as expressed by them. Today's function marks a promising start to the Government of Karnataka's objective of restoring and preserving the rich heritage of the state," he said.

Finally, inauguration of much-needed restoration work at Venkatappa Gallery took place on Wednesday

The minister added that there are over 25,000 monuments in Karnataka, but only 800 have been officially notified. "The remaining 24,000 odd monuments are yet to be notified for protection and restoration under the Adopt a Monument initiative by the government. Our objective is to cover at least 5,000 monuments in the next five years, and we encourage corporate companies to come forward and participate in these projects. This collective effort will contribute to the preservation of the state's rich heritage," he explained.

Furthermore, Tourism Department Secretary Salma K Fahim said the state government is committed to the restoration of the state's heritage sites through effective public-private partnerships and will employ this model to revitalise numerous monuments across the region. Meanwhile, MR Jaishankar, Executive Chairman, Brigade Group, said, "The goal is to restore the gallery's historical appeal while also giving it new landscaping with a fresh look. I have full confidence that the revitalised gallery will make a significant contribution to enhancing the existing rich history of art and culture in Karnataka." — BMB

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Illegal parking
Cornwell Road

There is a car parked illegally daily near St Joseph's Institutions gate at the turn on Cornwell Road in Langford Gardens. The authorities concerned should do something.

Invaded path
Balepet

A shop has encroached on the footpath opposite Venkateshwara Sweet Shop near Balepet, and BBMP seems to be unaware of this.

Manhole danger
Kodihalli

An open manhole is causing accidents on the Kodihalli to Old Airport Road route. The specific location is 15, 5th Cross Road, HAL 3rd Stage, Kodihalli, Bengaluru.

Testing time for Peenya traffic

NHAI initiates load test to evaluate strength of prestressed cables on Peenya flyover; traffic on road beneath flyover intensifies, as no vehicles are allowed on flyover

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The three days of 'gruelling time' have commenced for vehicle users entering the city as the Peenya flyover is closed until January 19. With no vehicles allowed on the flyover, traffic beneath it has multiplied, causing a literal crawl. Due to the lack of alternative routes, commuters struggled to make progress. The NHAI initiated a load test on Wednesday to evaluate the strength of the prestressed cables on the Peenya flyover. As part of the test, eight trucks, each carrying 32 tonnes, will be driven on the flyover continuously for over 48 hours.

Raghavendra HB, a marketing executive, mentioned, "Every day, I travel from Widia Hospital to Goraguntepalya, and it usually takes 20 minutes. However, on Wednesday, it took nearly an hour to cover a distance of around 4 km. Due to heavy traffic jams, some commuters also shifted to metro trains, causing a surge in crowds inside the trains."

Other commuters wish that the two-day ordeal would end soon.

Sumedha P, a resident of T Dasarahalli, expressed, "Now, even light vehicles are entering the main carriageway, and the current road is not sufficient to handle the load."

Ankita Dhar, a resident of Chokkasandra, added, "We hope the load test will be successful, and the flyover will soon reopen, drastically decongesting the traffic."

The eighth-mile junction, considered the main entry point to the city on Tumakuru Road, is experiencing heavy traffic. For most of the day, traffic extends almost half a kilometre in all directions (Hesaraghatta Road, from the city, and from Nelamangala sites). Moreover, traffic signals at the Dasarahalli and Jalahalli crossings make travelling on this stretch very stressful.

As part of the test, 8 trucks will be driven on the Peenya flyover (top); traffic jam on Nelamangala Road

The Peenya flyover, one of the city's longest, features 120 piers and a total of 1,200 cables, with 10 cables between two pillars. The five-kilometre-long flyover connecting Goraguntepalya to Nagasandra Metro Station has been closed since the end of 2021, significantly disrupting traffic, impacting emergency services, and causing daily traffic jams at key junctions.

Corrective steps at Attibele

Meanwhile, at the other gateway of the city (Attibele), an NGO, in collaboration with the National Highways Authority of India (NHAI) and police, initiated a temporary and cost-effective intervention to trial road safety strategies at Attibele Junction on Wednesday.

> **We hope the load test will be successful, and the flyover will soon reopen, drastically decongesting the traffic**
>
> –Ankita Dhar, a resident of T Dasarahalli

Referred to as a Tactical Urbanism Trial, this marks the third such initiative in Bengaluru, stated the NGO. Attibele Junction holds strategic importance as a major intersection on the southeast border between Bengaluru in Karnataka and Hosur in Tamil Nadu.

Citing Karnataka State Police records, SaveLIFE Foundation revealed that there were 32 road accidents, including 10 fatalities, within a 1 km radius of the intersection between 2020 and 2022. Tactical Urbanism (TU) trials involve temporary, swift, and budget-friendly interventions to test urban design, transportation planning, and infrastructural changes aimed at improving road safety, particularly for vulnerable road users such as pedestrians, cyclists, and non-motorised transport users.

Once the effectiveness of these interventions is established, relevant government agencies are expected to implement them permanently. Situated at the convergence of National Highway 44 and roads connecting to Sarjapur and Anekal, Attibele Junction is close to the Attibele industrial area and serves as a vital transit hub for interstate commuters.

The junction witnesses an average of approximately 34,000 pedestrians and 71,000 vehicles passing through daily. Key TU interventions at Attibele junction include the delineation of travel lanes for efficient vehicular and pedestrian movement, the establishment of a safe school zone, traffic calming measures, and manual signage.

Five held in robbery case

Five people were arrested by police for a robbery at an Ayurvedic massage centre in Kodigehalli. The accused, namely Renuka, Prabhavathi, Sandeep, Rudresh, and Guru, reportedly turned to robbery as a means to repay a loan.

Prabhavathi, the main culprit, and the victim, Anushree, were friends, with Prabhavathi having worked as a therapist in the past. The planning for the robbery took place a day before at the Ganga Ayurvedic massage centre in Thindlu Circle. Prabhavathi informed Anushree that her husband and relatives would be visiting the centre the next day. On the day of the incident, Prabhavathi's husband, Guru, along with others, executed the robbery by posing as customers. Anushree filed a complaint at the Kodigehalli Police Station, leading to the arrest of the five suspects, with further investigations ongoing.

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Reading between tobacco litter lines

Most litter was branded; good amount found near schools in cities, including B'luru

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An analysis of tobacco product litter in nine Indian cities across the country shows that a majority of the litter found was branded leading to post-consumption marketing of tobacco. Additionally, a good proportion of the branded tobacco litter was found near schools in these cities.

Conducted by researchers from Johns Hopkins University Bloomberg School of Public Health, USA, and Manbhum Ananda Ashram Nityananda Trust (MANT) in Kolkata, the litter analysis included Bengaluru, Bhubaneswar, Chennai, Delhi, Guwahati, Hyderabad, Lucknow, Mumbai and Patna. As a result, researchers identified 17,261 pieces of tobacco product litter in various neighbourhoods in these cities.

Out of these, the majority (62%) of the litter was smokeless tobacco products, followed by cigarette butts (26%), bidi butts (8%), cigarette packaging (3%) and bidi packaging (1%). Nearly 81% of the litter (13, 924 pieces) was branded, which could function as a form of post-consumption marketing.

Researchers recorded if the litter had visible branding, such as brand names and/or logos on 135 observational routes, with 15 different routes in every city.

The most prevalent brands differed by city. Gold Flake was the most identified cigarette butt brand and the most prevalent brand of cigarette packs observed in Bengaluru. Under the smokeless tobacco category (excluding pan masala), V-1 was the most observed brand found in Bengaluru's tobacco litter.

Majority (62%) of the litter was smokeless tobacco products, followed by cigarette butts (26%)

> **"Children in city schools are exposed to tobacco products because while these banned items are easily available in offline and online markets**
>
> –D Shashikumar, KAMS

Researchers also highlighted that branded litter was equally distributed across the different neighbourhoods including middle or high schools, business districts, government offices, retail areas in neighborhoods of low socioeconomic status, and major transit hubs.

According to D Shashikumar, general secretary, Association of Management of Primary and Secondary Schools in Karnataka (KAMS), While there are many provisions in the existing tobacco control law - Cigarette and Other Tobacco Products Act (COTPA) - to shield children from this addiction, lack of enforcement and non-compliance by tobacco companies are making it difficult to put a check on underage individuals consuming these harmful products.

Indirect advertisement, including marketing through tobacco litter, is another way that tobacco companies deploy to lure children.

"A lot of children in Bengaluru schools are exposed to tobacco products. This is because while these banned items are easily available in offline and online marketplaces, there is a lack of awareness about their impact on school-going children. Tobacco companies get away with glamour through their favourite celebrity by a disclaimer, which has the least effect on children and young people. Unregulated OTT platforms too are a source of attraction to smoking and chewing tobacco. These lapses can be checked by stricter enforcement of Section 5 of COTPA. While we have requested the state as well as the central governments to regulate these products through licensing, not even a finger has been lifted yet," said Shashikumar.

Experts also brought up the health impact of tobacco addiction in children. They highlighted that tobacco usage during adolescence increases the risk of developing psychiatric disorders and cognitive impairment later in life.

Man stuck in flight loo for whole journey

The crew of the Mumbai-Bengaluru SpiceJet flight on which a male passenger underwent the ordeal of being trapped in the lavatory for around an hour due to a malfunctioning lock, provided guidance and reassured the flyer throughout the journey using handwritten notes, the airline said in a statement on Wednesday.

The airline crew assisted the distressed passenger with handwritten paper notes asking him not to panic.

Following the take-off of the flight at 2 am on Tuesday, a passenger sitting in the 14th row went to the toilet and got stuck inside during the entire flight over an hour.

A spokesperson of the airline confirmed the incident and in a statement said, "On 16 January, a passenger unfortunately got stuck inside the lavatory for about an hour on SpiceJet flight operating from Mumbai to Bengaluru, while the aircraft was airborne due to a malfunction in the door lock. Throughout the journey, our crew provided assistance and guidance to the passenger. Upon arrival, an engineer opened the lavatory door, and the passenger received immediate medical support."

The airline crew said that an engineer would come to open the stuck lavatory door as soon as the aircraft lands. He was also asked to sit on the closed commode during landing.

"Sir we tried our best to open the door. However we could not open. Do not panic. We are landing in few minutes. So please close the comode and sit on it and secure yourself. As soon as the main door is open engineer will come. Do not panic," read one of the handwritten notes passed on to the trapped passenger.

Upon the flight's arrival at the Kem[egpwda International Airport in Bengaluru, an engineer was rushed to address the malfunctioning lavatory door, which was successfully opened with the help of the engineering team, according to the spokesperson.

"Upon arrival, an engineer opened the lavatory door, and the passenger received immediate medical support. SpiceJet regrets and apologises for the inconvenience caused to the passenger," the airline said.

SpiceJet added that passenger is being provided a full refund of the fare.

Earlier on January 14, a passenger was seen hitting the pilot of an IndiGo flight while he was explaining the reasons for a delay in departure at the Delhi Airport. Delhi police have registered a case and started an investigation into the matter based on a complaint filed by the co-pilot of the IndiGo aircraft. **–ANI**

People hit the road in protest to save Kunigal Stud Farm

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TWEETS @BangaloreMirror

More than 4,000 people including hundreds of animal lovers, environmentalists, activists, and politicians from Bengaluru hit the road in Kunigal protesting against the government plan to develop an integrated township on the heritage Kunigal Stud Farm spread over 421 acres. The protestors made it clear that they are against the government proposal and the "Save Kunigal' movement will only get bigger in the months ahead.

The leading local groups have decided to seek legal recourse through Public Interest Litigation (PIL) if the government decides to stick to the integrated township plan.

Leading a big local group, Rajesh Gowda, Vice President (BJP) Tumakuru disclosed that the local sentiment for the farm, where the legendary Mysore King Tipu Sultan bred his horses for his cavalry to fight the British is very strong. 'It is true that Kunigal Stud Farm (KSF) has put this small town on the international map and it is a big tourist attraction," said Gowda adding that more than 500 acres of land is available close to the farm and the government can build a township without shutting down the heritage farm.

Former MLA Ramaswamy Gowda declared that the decision of the government to recall the tender is unfair and the farm which is one of the best in country, consistently producing champion race horses should be retained. "The farm is also providing employment to more than 300 people and you need to cut down more than 200-300 century old rare trees, which is just not done," he said. "We will not allow the land sharks to grab the heritage site. The protest today is only a trailer of the big picture," said Gowda.

More than 4,000 people gathered for the protest in Kunigal

Mukhyamantri Chandru (AAP), Chetan Ahimsa (activist), Vijay Nishanth (tree doctor), Kunigal Bar Association president, Putte Gowda and BT Lalitha Nayak were a few others who participated in the rally.

A source from the Urban Development Department disclosed that the integrated township proposal has not gained movement following sporadic protests and the fact that it is fast becoming a big local issue before the Lok Sabha elections.

KSF Managing Director Zeyn Mirza, pleased with the support, said, "It is one the best stud farms in the country and the racing industry will be hit hard if the farm is forced to shut shop. "It is learnt that the government is planning to offer 100 acres of the 421 acres of farm to the Bangalore Turf Club (BTC) in their bid to shift the club from its existing premises. It is not clear if BTC will accept the parcel taking into account that Kunigal is 70 km from Bengaluru and there are connectivity issues," said Zeyn.

Foodies rejoice, your street is just about ready

Melvin Mathew
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TWEETS @BangaloreMIRROR

Renovation work on VV Puram's iconic food street is expected to be wrapped up within three-four weeks. According to Bruhat Bengaluru Mahanagara Palike (BBMP) officials, nearly 80-85 per cent of the work has been completed.

BBMP took up renovation work more than a year back. Work started in December 2022 and has been ongoing. Inspired by the facelift given to Church Street and Commercial Street, the Palike proposal involves turning the VV Puram food street that sees heavy footfall into a more organised avenue for food lovers.

"Work is nearly 80-85 per cent complete. We should be able to open Food Street within 3-4 weeks. Most of the works are completed but there is some work pending for the entrance plaza. Restoration of the Visvesvaraya Statue at Sajjan Rao Circle is in progress. Some painting and awning work is also pending," said a senior BBMP official.

To bring uniformity to the venue, Palike is planning to colour code the awnings in green. As per the proposal, Palike is planning to reduce the carriage width to 5m from the existing 7m and to introduce 3.6m and 3.4m wide footpaths. A new 900mm diameter stormwater drain, 300mm diameter sewage pipeline, and 150mm diameter water line will be constructed. Additionally, granite footpaths will be established with tactile pavings for the visually impaired people. New street lights, tables, dust bins, hand wash areas, parking spaces, and entrance plazas have also been planned.

File photo of an avarekai mela at VV Puram's food street

Within the 200 m stretch, there are 37 food stalls. For the benefit of the stalls, grease and oil traps for each outlet, waste collection through fixed dustbins, and a conservancy lane for additional seating have been planned.

According to BBMP officials, the delay has occurred due to the contractor strike and operational stalls. "Most stalls were open and so work had to happen at a slow pace. Work had to be taken up without inconveniencing the crowd and stall owners," he added.

JN.1 on the wane, dip in hospitalisation

Doctors say we are likely to witness further downward trend in coming days

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A medic puts up a notice at a covid test centre after cases of JN.1 were first detected (file photo)

Despite an increase in the number of covid cases of JN.1 variant in Karnataka, the rate of hospitalisations has significantly come down and the health professionals are saying that we could see a further downward trend in the next coming days.

About six days back, the number of hospitalisations were 60 with 33 government admissions and 27 private admissions. The total active patients reported were 994. However, as of Wednesday the number of hospitalisation reduced to half with 30, of which 21 were government admissions and nine, private hospital admissions; there were 672 active patients; 642 patients were in home isolation.

The number of patients admitted in ICU last Friday was reported to be 14 and four were with ICU and ventilators. However, the numbers fell to three ICU with ventilator admissions and seven ICU admissions as on Tuesday.

As per the health bulletin, while 828 samples were sent for genomic sequencing, 443 results have been received. Amongst this, 374 (84%) are JN.1 variant, followed by 30 (7%) XBB variant and other variants with 39 cases (9%).

Dr Anoop Amarnath, member of States Critical Care Support Team (CCST), said, "In terms of hospitalisations, the number of admissions has definitely come down. Even the number of cases as what we have observed has reduced. The JN.1 variant is on the wane. In the next two weeks, we are expecting to see a see a significant downward trend. The hospitalisation cases that we are observing are the ones who have 2-3 comorbidities that are getting admitted into ICU. Primarily, covid related issue is not a major concern, but only when it is combined with other comorbidities that the intensity of the disease is high that is requiring hospitalisation. However, as the variant is mild in nature, even recoveries are faster."

Health dept issues updated advisory

Karnataka reported 87 fresg covid cases including 38 in Bengaluru on Wednesday with the test positivity rate being 1.14 % and an 85-year old from Mysuru dying of covid.

The Health department issued an updated advisory on Wednesday stating that individuals falling under the category of elderly persons (60 years and above), those with comorbid conditions (especially individuals with kidney, heart, liver, lung ailments, etc.), pregnant women, and lactating mothers are strongly advised to take necessary precautions to safeguard themselves against respiratory illnesses and covid-19 during this season. Secondly, these individuals should diligently monitor their health and if they experience common symptoms of Influenza Like Illness (ILI) or Severe Acute Respiratory Infection (SARI), it is imperative for them to undergo testing at the nearest healthcare facility. If confirmed positive for covid-19, seeking treatment at the healthcare facility is crucial.

> **"The hospitalisation cases that we are observing are only for the patients who have two-three comorbidities that are getting admitted into ICU**
>
> –Dr Anoop Amarnath, CCST

Even if the covid test results are negative, medical advice and treatment are essential to prevent the exacerbation of ILI/SARI symptoms and ensure a swift recovery.

Furthermore, individuals with co-morbidities who test positive for covid must undergo a comprehensive clinical evaluation and seek immediate medical consultation. Lastly, family members of covid-19 patients under home isolation are expected to cooperate with the doctors and healthcare staff.

The visiting healthcare teams will conduct tests for all symptomatic close contacts following the testing protocol.

Puppy deaths: HC won't interfere

The High Court of Karnataka has refused to interfere in the judgment of a trial court which imposed a fine on a woman who caused the death of eight puppies.

The woman had pleaded guilty to the charges against her and was sentenced by the trial court to pay a fine and undergo imprisonment in default of fine. The woman paid the fine and therefore did not undergo imprisonment.

The complainant in the case, however, approached an appeals court which dismissed his petition. He then approached the high court which too dismissed his petition on January 11 stating that a victim cannot challenge the quantum of punishment.

The court also said that the accused is now 72 years old and the trial court had rightly used its discretion in punishing her with only a fine.

II PU & SSLC exam schedule announced

The schedules for the II PU and SSLC exams have been released. The II PU exams are set to commence on March 1 with subjects like Kannada and Arabic. Exams for Mathematics and Education on March 4; Political Science and Statistics on March 5; on March 7, History and Physics; Optional Kannada, Accountancy, Geology, and Home Science scheduled for March 9; Logic and Business Studies on March 11; English on March 13; Hindustani Music, Psychology, Chemistry, and Basic Mathematics on March 15; Economics on March 16; Geography and Biology on March 18; Sociology, Electronics, and Computer Science on March 20; Languages such as Tamil, Telugu, Malayalam, Marathi, Urdu, Sanskrit, and French on March 21; while March 22 will host Hindi exams. Timings: 10:15 am and 1:30 pm.

For the SSLC exams, the schedule is: First language exam on March 25; social science on March 27, Science on March 30, Maths on April 2, Third language on April 4, and the second language on April 6. Timings: 10:15 am and 1:30 pm, second and third language exams will conclude by 1:15 pm.

What's Bengaluru's clean air plan?

CONTINUED FROM PAGE 1

leading to a lack of timely interventions.

"City typically enjoys much better AQI than other Indian megacities due to its geographical location. Its high altitude creates faster surface winds that disperse pollutants, leading to better AQI values. We need to shed the misconception that Bengaluru's air quality is safe. Only after officials change this mindset is when they will start utilising the funds," said professor Gufran Beig, chair at the National Institute of Advanced Studies (NIAS).

Establishing an air quality forecasting system, better identification of pollution sources, detailed study of emission hotspots, expansion of reference-grade air quality monitoring station network, and addressing air pollution through technological innovations are some of the areas where NCAP funds can be utilised, experts stressed.

"There are many gaps in monitoring and mitigation techniques that can be filled in with the help of this fund. We must look to pre-empt air pollution episodes and come up with mitigation techniques. For instance, bad AQI days due to temperature inversion can be predicted and measures to improve AQI can be taken in advance. Moreover, it is time to expand the CAAQMS network to obtain the real picture of air pollution.

There are hotspots in the city that are currently not being monitored. The money can also be utilised to spread awareness among people regarding their role in mitigating pollution levels. While our AQI is not as bad as Delhi, we are not very clean either; our emissions are already above the WHO standards," said Dr R Subramanian, sector head, of Air Quality, Centre for Study of Science, Technology, and Policy (CSTEP).

Traffic management and improvement in existing road infrastructure should be taken up on a priority basis, according to professor Beig.

Experts noted that unpaved roads, poorly managed traffic, unscientific speed humps, and an unregulated construction industry are some of the reasons behind the higher concentration of particulate matter in the city's air. These aspects can be improved using NCAP funds too.

"Anything that slows down the traffic leads to higher emissions of particulate matter. Slow-moving vehicles, unnecessary speed bumps, and running engines at traffic signals cause high emissions of both particulate matter. Windblown road dust is yet another contributor.

The majority of the roads in the city have unpaved areas on both sides of the roads. End-to-end scaffolding of these areas can be one solution to the issue. Creating proper bus shelters to avoid traffic snarls is important too. BBMP can utilise NCAP funds in these areas," said professor Beig, adding that the preliminary finding of a drone-based study by his team showed biomass stoves are still being used rampantly in suburban areas in Bengaluru leading to emissions.

"The NCAP fund lying unused can be utilised to spread awareness about the harmful impacts of biomass burning. Moreover, there is a need to conduct health surveys in pollution hotspots to understand the impact of high emissions on the health of those working or living in these areas," professor Beig explained.

India Scenario

The report highlighted that over the last five years, the Centre released Rs 5835.03 crore to 132 cities and a little over 60% of this amount has been utilised by the urban local bodies. However, some cities have spent more than the others. For instance, Thane has spent Rs 41.49 crore despite not receiving any funds from the programme. Six other cities – Ulhasnagar, Bhubaneswar, Angul, Navi Mumbai, Howrah, and Chennai – have spent more money to clean up their air than has been allotted.

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I, Abdul Gaffar Abdul Munaf Ghori S/o. Abdul Munaf Nabi Saheb Ghori, Residing No. 41, MK House, 1st Floor, 104A, 4th A Main, New Gurappan Palya, Bangalore 560029 have changed my name to ABDUL GAFFAR GHORI vide affidavit dated 16.01.2024 Sworn before notary: Arvind Patil, Bangalore

I, NOORULLA INAYATULLA SHARIF, R/a #05, G/ F, Ummer Farooq Masjid Street, Munigowda Garden, Neelasandra, Bangalore- 47. I, have changed my name to, NOORULLA SHARIF, Vide affidavit, dated 17/01/2024 Sworn before Notary Onkarappa. N.R. Bangalore

I, Rashmi S w/o Viswanath Mattedulla R/o No.28, Devanathachar street, 5th main, 7th cross, Chamarajpet, Bengaluru 560018 have changed my minor daughter name from HASINI NAIDU to VIHANI SARIKA NAIDU affidavit Dt.17/01/2024 notary Harisha G, B'luru

I, Aiyyapan Verappan Muthuraman, R/a Regency la Majada, 9A Violeta, 28/1 Hennur Main Road, Kalyananagar Post, Bengaluru 560043. I have changed my name to Aiyyapan Verappan. vide affidavit Dtd 17-01-24 Sworn before notary B.Seshagiri Bangalore.

I, SHAMA THABASSUM, R/a # Khutub Shahinsha Nagar, Kolar-563101. I, have changed my name to SHAMA TABASSUM, Vide affidavit, dated 17/01/2024 Sworn before Notary M. Rajendra Bangalore

I Swathi Kolipaka D/o Laxmana Murthy Panthagani R/o #404,5th Avenue, 5th Main, Teachers Colony Koramangala 1st Block, Bangalore-560034 have changed my name to Panthagani Swathi for all future purposes

I Triveni Manjesh D/O, Krishnappa B R/o #342 , 6th Cross, KR Layout\r\nJP Nagar 6th Phase, Bangalore - 560078 have changed my name to Triveni K.

I, Sudha Bynapalli Chowdareddy W/o Srinath Babu HM R/o T-1, Behind Reliance fresh, TC Palya, KR Puram, B'luru 560036 have changed my name to Sudha Rani Bynapalli Chowdareddy affidavit Dt. 17/01/2024 notary Harisha G, B'luru.

I, Lakshmi Kutty Ravinathan W/o. Ravinathan, R/a. Anugraha, No. 1803, C Block, Sahakarnagar, Yelahanka Bengaluru- 560092. I have changed my name to LAKSHMI RAVINATHAN. Vide affidavit date: 16.01.2024. Sworn Before Notary: Devaraja E.

I, Sanjay Kumar S/o Ram Narayan Yadav R/o #501, Wing 5, Shriram Summitt,gollahalli Road,electronic City, Phase 1, Bengaluru 560100 have changed my name to Sanjay Kumar Yadav for all purposes.

I Raghu S/O, Krishnappa R/o No 34,sri Venkateshwara Nilaya,3rd B Cross, Jnanajyothi Nagar Ullal Main Road, Mallathahalli have changed my name to Raghu Krishnappa .

I Kavita Ghanshyam Maniar D/O, Ghanshyam Jayantilal Maniar R/o 15256, Prestige Lakeside Habitat, Varthur, Bengaluru- 560087 have changed my name to Kavita Maniar.

I Nitika W/O, Ayushman Mishra R/o A4-402, Paramount Pilatus, Arekere, Bengaluru have changed my name to Nitika Mishra following marriage.Henceforth, I will be known as Nitika Mishra for all legal and official purposes.

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I, Sathyaveeni R/a. No. Basavapattan Raod, Channagiri Taluk Chiradoni Davangere- 577231. I have lost my original sale deed documents SRO No. 1596: 1975-76. MR NO. 131: 75-76 Dtd: 18.06.75. 1st Book, Page: 1393/58-61/2002-03 No. 2652 dtd: 30.12.2002. Lost report has been filed for the same in Bengaluru City police station Lost report No. 0889583/2024. Finder Please Contact: 9886444506.

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LIVER LIVES

What happens to your liver when you quit alcohol

According to Greek mythology, Zeus punished Prometheus for giving fire to humans. He chained Prometheus up and set an eagle to feast on his liver. Each night, the liver grew back and each day, the eagle returned for his feast. In reality, can a liver really grow back?

The liver is the largest internal organ in the human body. It is needed for hundreds of bodily processes, including breaking down toxins such as alcohol. As it is the first organ to "see" alcohol that has been drunk, it is not surprising that it is the most susceptible to alcohol's effects. However, other organs, including the brain and heart, can also be damaged by long-term heavy alcohol use.

As a liver specialist, I meet people with alcohol-related liver disease every day. It is a spectrum of disease ranging from laying down of fat in the liver (fatty liver) to scar formation (cirrhosis) and it usually doesn't cause any symptoms until the very late stages of damage.

At first, alcohol makes the liver fatty. This fat causes the liver to become inflamed. In response, it tries to heal itself, producing scar tissue. If this carries on unchecked, the whole liver can become a mesh of scars with small islands of "good" liver in between – cirrhosis.

In the late stages of cirrhosis, when the liver fails, people can turn yellow (jaundice), swell with fluid and become sleepy and confused. This is serious and can be fatal.

Most people who regularly drink more than the recommended limit of 14 units of alcohol per week (about six pints of normal strength beer [4 per cent ABV] or about six average [175ml] glasses of wine [14 per cent ABV]) will have a fatty liver. Long-term and heavy alcohol use increases the risk of developing scarring and cirrhosis.

Good news

Fortunately, there is good news. In people with fatty liver, after only two to three weeks of giving up alcohol, the liver can heal and looks and functions as good as new.

In people with liver inflammation or mild scarring, even within seven days of giving up alcohol, there are noticeable reductions in liver fat, inflammation and scarring. Stopping alcohol use for several months lets the liver heal and return to normal.

In heavy drinkers with more severe scarring or liver failure, giving up alcohol for several years reduces their chance of worsening liver failure and death. However, people who drink heavily can be physically dependent on alcohol and stopping suddenly can cause alcohol withdrawal.

In its mild form, it causes shaking and sweating. But if severe, it can cause hallucinations, fits and even death. Going "cold turkey" is never recommended for heavy drinkers, who should seek medical advice about how to safely give up alcohol.

Other benefits

Giving up drinking also has positive effects on sleep, brain function and blood pressure.

Avoiding alcohol for long periods also reduces the risk of several types of cancer (including liver, pancreas and colon) and the risk of heart disease and stroke.

However, alcohol is not the only cause of ill health. Giving it up has many health benefits, but it is not a panacea. It should be seen as part of a healthy lifestyle, including a balanced diet and regular physical exercise.

So, to answer the question posed by the myth of Prometheus, the liver has an amazing power to repair itself after it has been damaged. But it cannot grow back as new if it was already severely scarred.

If you stop drinking and only have a fatty liver, it can quickly turn back to normal. If you had a scarred liver (cirrhosis) to start with, stopping alcohol will allow some healing and improved function but can't undo all the damage that has already been done.

If you want to look after your liver, drink in moderation and have two to three alcohol-free days each week. That way, you won't have to rely on the liver's magical self-healing power to stay healthy.

(By Ashwin Dhanda, University of Plymouth, The Conversation)

All you need to know about...

Ear issues among gamers

Hearing loss risk
Video gamers worldwide may be at risk of developing an irreversible hearing loss and/or tinnitus -- persistent ringing/buzzing in the ears, according to a study.

Focus on video games
While headphones, earbuds, and music venues have been recognised as sources of potentially unsafe sound levels, relatively little attention has been paid to the effects of video games, including e-sports, on hearing loss, said the researchers, which include experts from the World Health Organisation and the University of South Carolina.

Daily sound exposure
"The daily level of sound exposure from the video games is close to maximum permissible levels of sound exposure," they found

Need for awareness
Given the popularity of these games, greater public health efforts are needed to raise awareness of the potential risks, the team said, noting that gamers often play at high-intensity sound levels and for several hours at a time.

Tinnitus too
Five studies evaluated associations between gaming and self-reported hearing loss, hearing thresholds, or tinnitus. Of these, two found that school pupils' gaming centre use was linked to increased odds of severe tinnitus and high-frequency sound hearing loss in both ears. Another large observational study reported video gaming was associated with increased odds of self-reported hearing loss severity.

Shooter games too loud
One study measured sound levels of 5 video games through headphones attached to the gaming console, and found that these averaged 88.5, 87.6, 85.6 and 91.2 dB for 4 separate shooter games, and 85.6 dB for a racing game. —IANS

MIRRORLIGHTS

Ways to keep your child's skin healthy in winter

Winter creates some challenges when it comes to managing children's health. Your child's skin might become more vulnerable to various problems during this season due to the increased humidity and dampness.

Dr Paula Goel, Paediatrician and Adolescent Specialist, Fayth Clinic, shares skincare advice to keep your child's skin protected and healthy during the winter season...

Keep Skin Clean: The high humidity and moisture in the air at this time can create an ideal environment for fungal and bacterial infections. Therefore, it is important to keep your child's skin clean by giving them regular baths with lukewarm water.

Moisturise Regularly: Moisturising is important, even for children. Even in humid conditions, it is essential to moisturise your child's skin to prevent dryness and maintain its natural moisture balance. Use a light, water-based moisturiser after bathing. Avoid heavy oil-based creams as they can clog pores and contribute to skin issues.

Add Sun Protection: Despite the mist and clouds, harmful UV rays can still cause skin damage. Apply a broad-spectrum sunscreen with at least SPF 30 on exposed areas of your child's skin 30 minutes before they go outside. Encourage them to properly cover the skin.

Prevent Fungal Infections: Winter especially December to January is known for increased fungal infections due to humidity. Ensure

that your child's skin remains dry, particularly in areas prone to sweating, such as the armpits, the groin, and under the chin.

Keep Them Hydrated: During winter, children don't feel the urge to drink water, but encourage them to drink plenty of fluids to stay hydrated.

Avoid Scratching: Children might experience itching and skin irritation due to increased humidity. Distract your child to avoid them scratching their skin, as it can lead to further irritation and potential infections.

Offer A Healthy Diet: A nutritious diet plays a vital role in maintaining skin health. Include foods rich in vitamins A, C, and E, as well as antioxidants in your child's diet. Fresh fruits, vegetables, whole grains, and lean protein contribute to overall skin health. Add yoghurt to meals.

Be Mindful Of Allergies: Winter can bring out allergens such as mould, pollen and dust mites. If your child has known allergies, take the necessary precautions to minimise their exposure. Keep indoor areas clean, use air purifiers, and avoid damp areas.

— by Kayalvizhi Arivalan, Femina

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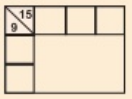
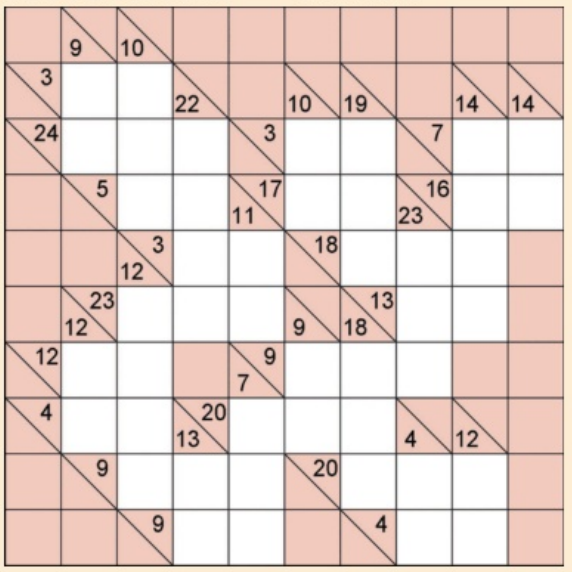
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

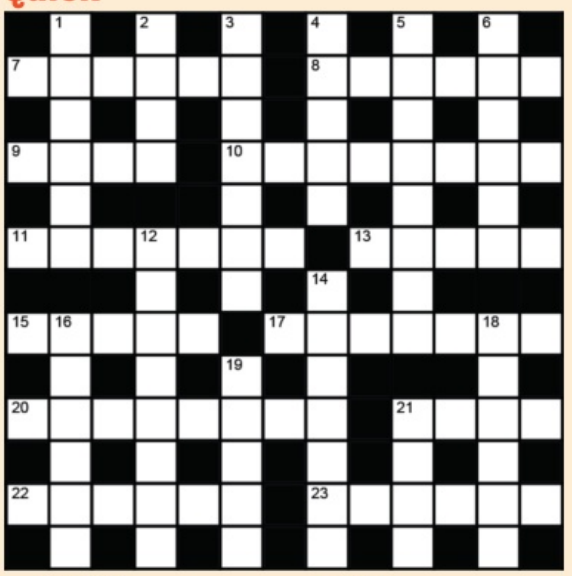
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Ring or band (6)
8 Very uncommonly found? (2,4)
9 Distort or falsify (4)
10 Dismal expression? (4,4)
11 Many (7)
13 Marks; blemishes (5)
15 Where beer guzzling classic rockers hang out off Brigade Road (5)
17 Hard-wearing (7)
20 Quavered (8)
21 Deep hollow (4)
22 Intoxicated (slang) (6)
23 Dripped, leaked or secreted (6)

DOWN

1 ___ out : expel or eject? (6)
2 Large barge (4)
3 Ail or be unwell (4,3)
4 Employing (5)
5 A difficult bet on the race course (8)
6 Food retailer (6)
12 Immenseness or vastness (8)
14 Congealed or coagulated especially milk (7)
16 Join or enlist? (US) (6)
18 Reclined lazily or hung out (6)
19 Deluge, overflow or submersion? (5)
21 Inflammatory disease (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: C EQUALS O

RKQY'L UZIHYNS KL UVIU PY HYU CRN UCC LCCE IEN PKLY UCC RIUY.

Linemaro

I haven't seen hair as smooth as yours

Mindchow

Be happy with what you have and are, be generous with both. You won't have to hunt for happiness

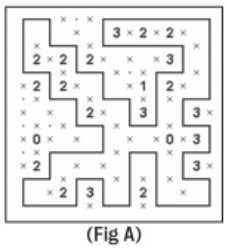
Joke of the day

If you're interviewing for an accountancy position, do not promise to give 110%

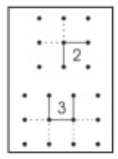
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

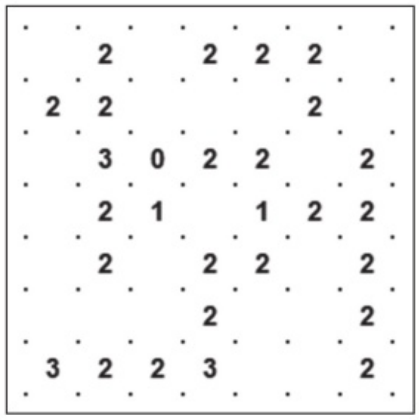


(Fig B) Not Allowed

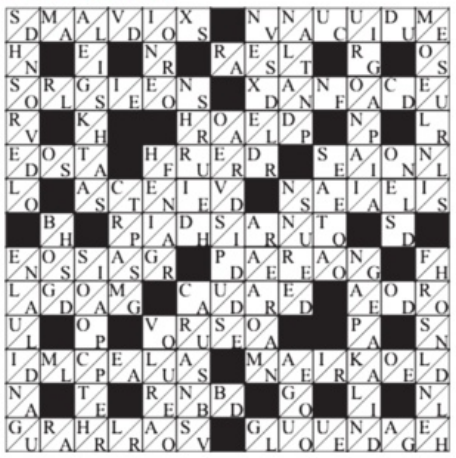
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8				
9				Y

ACROSS

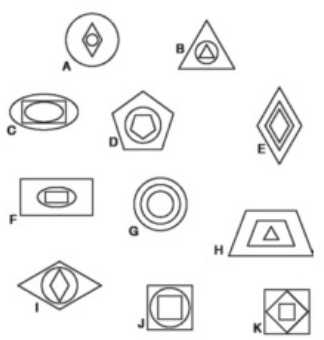
1 De Dog; 6 Elvis; 7 Boats; 8 Lutra; 9 Ego yo

DOWN

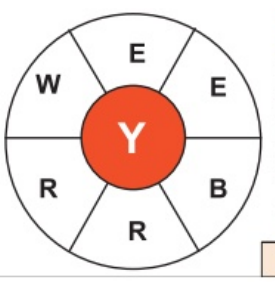
1 Budge; 2 OO Vol; 3 Id Tot; 4 Elgar; 5 As yes

Mensapuzzle

Which is the odd one out?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; **02** Good; **03** Outstanding

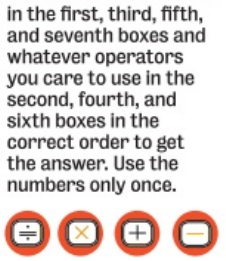
SudokuChallenge

6			3		2			7
3		5	9		7	8		4
				8				
	4			9			1	
	7		5		8		9	
	8			2			7	
				6				
1		7	8		4	9		2
8			2		3			1

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 17

1 4 6 7

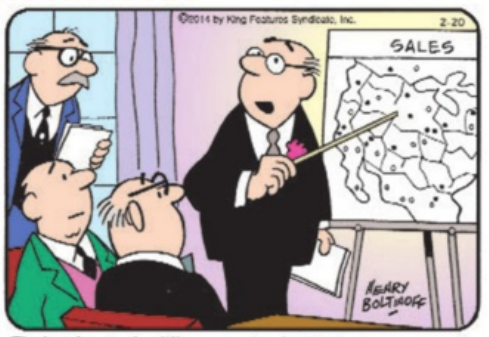
Medium = 9

4 4 5 6

Hard = 5

2 3 3 3

Hocusfocus



Find at least six differences in details between panels.

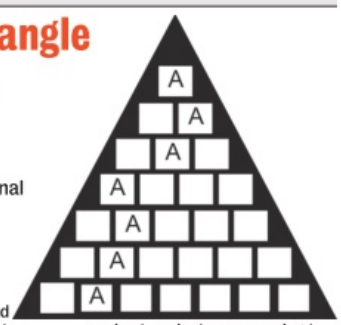
Differences: 1. Pointer is shorter. **2.** Moustache is missing. **3.** Glasses are missing. **4.** Tie is different. **5.** Leg of easel is moved. **6.** Fingers are not showing.

Riddler

Rearrange the letter groups to make four former Premier League managers: WEN, MEG, YCE, ARD, HES, SON, HUG, GER, ALL.

Alpha triangle

1 First letter
2 Note to follow so
3 Chemist's place
4 Proficient
5 Roof peak
6 Distort
7 Mr Jesus of Arsenal **and** Brazil



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

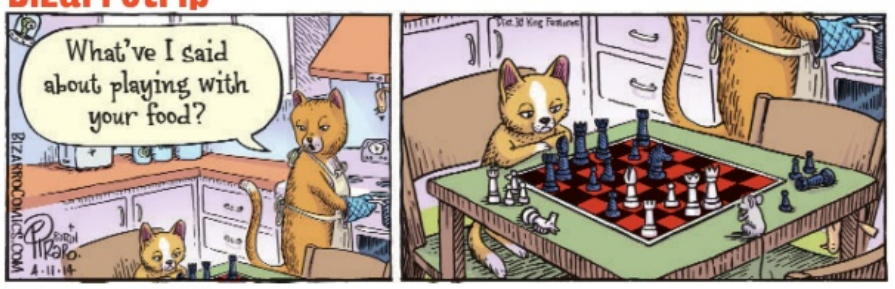
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

YOU'RE GOING TO SEE A BIG CHANGE IN ME STARTING TODAY, CHIEF!
NO MORE GOOFS OR DUMB MISTAKES FOR ME!
FINE, TANGLEFOOT
11-9
NOW CAN YOU PADDLE A LITTLE FASTER?

Bizarrotrip



Diamond Lil

Hart of the city

Have you found anyone good for the waiter position?
Yes, there's this one woman...
She's older, but she's been a waitress her whole life.
I think she has a crush on Gianni, though.
Oh, wow...
Is that a problem or a benefit?
Hmm... I'm guessing a little bit of column A and a bit of column B...
It sure could get interesting, though!

Crankshaft

I TRADED A PISTOL PROJECTOR THAT SHOWED DISNEY FILMSTRIPS TO MY BEST FRIEND BUTCH FOR THIS COMIC.
THE CONGORILLA STORY INSIDE WAS A CONTINUED STORY.
TO THIS DAY, I HAVE NO IDEA HOW THIS STORY ENDS.

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may be busy with family and social events. You may become polite with the people around you, which may increase your image among your relatives and friends. You will spend money on buying some artefacts and other stuff, which will improve your social status. You may hear some good news from one of your close relatives.

Taurus Apr 21 – May 20
Today, disputes with the siblings may be settled, which may boost your relationship with them. Your vital force seems to be good; it may help you complete difficult projects easily. You may expand your network after a short work-related trip. You may also help some needy people, which may increase your social status.

Gemini May 21 – Jun 21
Today you may feel dull, and you may have some health issues as well. Your old disease may reappear. You are advised to avoid adventure tours or rash driving. You may have some conflicts with the partner, so avoid making important business decisions. Investments in business or work are advised to be postponed. By late evening, things may be under control.

Cancer Jun 22 – July 23
Today, your internal power may make you happy; you may make short-term gains in terms of investments. You may have a good relationship with your boss. You may have some promotions. Your prestige in society may be increased. You may also expect some work-related travel.

Leo Jul 24 – Aug 23
Today is a favourable day. You are enthusiastic today. Your focus is good in terms of business and work. If you are dedicatedly performing the given task, you may expect some promotions in your job. Your boss may be in your favour in terms of work-related decisions. There may be some visits to religious places. It is advised to avoid ego and arrogance in your love life.

Virgo Aug 24 – Sep 23
Today, you may feel dull because of a lack of proper rest. Your arrogance may cause some disputes with your spouse, which may affect your domestic life harmony. Investors are advised to avoid making new investments in risky assets. Students are advised to focus themselves on their studies. Lovebirds should keep distance in their relationships.

Libra Sep 24 – Oct 22
Today, you are advised to keep your patience. If you are planning an adventure tour, you are advised to postpone it for a while. Your past investments may be converted into NPAs. You may get tired due to overworking. Students are advised to work hard. You may have back aches, nervous system issues, lever-related issues, and skin issues.

Scorpio Oct 23 – Nov 22
Today is a good day for you. Investors may make good gains in their investments, which may boost their financial health. Money that was stuck may be recovered, which may increase liquidity in the business. You may become confident and gain control over hidden enemies and opponents. Singles are likely to find their match in the same field or workplace.

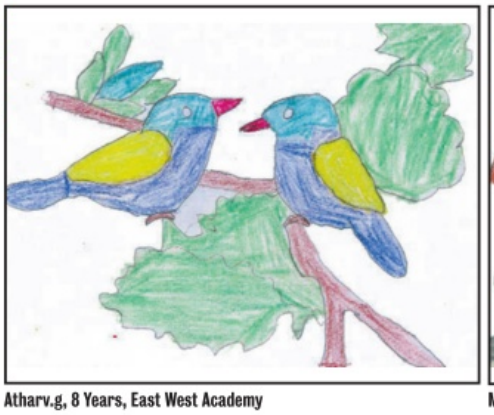
Sagittarius Nov 23 – Dec 22
Today, you may perform your best at work. You may have good bonding with the seniors, and you may get some new responsibilities in terms of promotions. Chronic health issues may be cured. You may get good reciprocation for your work as well. Disputes with the siblings may be resolved now. Job seekers may find a new job.

Capricorn Dec 23 – Jan 20
Today, you may be busy with kids' academics; you may plan for their higher studies as well. Couples may hear good news in terms of kids. You may want to update yourself and make some plans for higher studies to get promoted in your current job. Singles may find their soulmate.

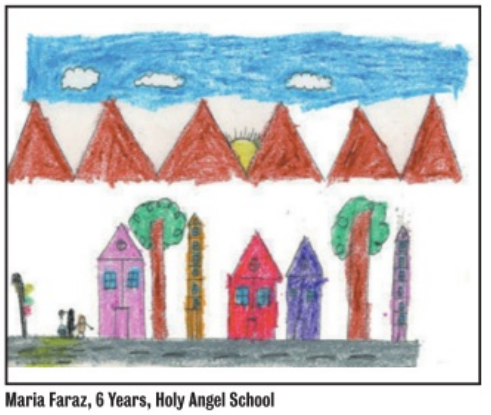
Aquarius Jan 21 – Feb 19
Today, you may be escaping from reality; you may not be able to take on your responsibilities. Your investments may cause you some losses. You are advised to read documents carefully before putting your signature on them. Elders' health may make you upset. You may plan to reconstruct your house; it is advised to postpone renovation for a while.

Pisces Feb 20 – Mar 20
Today, you may help needy people, which may increase your social respect. You may also put your 100 per cent effort into your work, resulting in it being completed before time. You may hear some good news from your sibling. Too much work may make you tired. You are advised to avoid stress today; otherwise, stress can affect both your professional and personal lives. You are advised to do meditation and fasting today.

KIDZONE



Atharv.g, 8 Years, East West Academy



Maria Faraz, 6 Years, Holy Angel School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= -[(9^[1/(1/2)]] ÷ 3]^(3^1)
= -[(9^2) ÷ 3]^3
= -27^3 = -81

BULL'S EYE
berry, BREWERY, byre

RIDDLER
Allardyce, Wenger, Hughes, Megson

FAST FIVE

D	O	D	G	E
E	V	I	L	S
B	O	T	A	S
U	L	T	R	A
G	O	O	E	Y

STRIKE OUT

S	A	L	V	O	S		V	A	C	U	U	M		
H	I		N		R	E	L		R		O			
O	R	G	I	E	S		X	A	N	A	D	U		
	H		H	O	E	D		N			R			
E	S	T		F	R	E	D		S	I	O	N		
L		S	T	E	E	D		S	E	A	L	S		
	H		R	A	D	I	A	N	T		D			
E	S	S	A	R		P	A	E	A	N		F		
A	D	A	M		C	U	R	E		A	D	O		
L		P		O	R	S	O		P		N			
I	M	P	A	L	A		N	A	R	K	E	D		
N		E		E	B	B		G		I		L		
G	A	R	R	O	S		L	O	U	N	G	E		

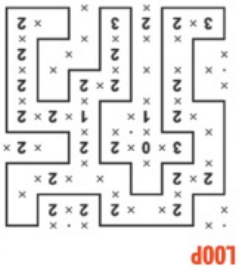
QUICK

T	R	E	M	B	L	E	D		G	U	L	F		
	N		R		F		R		O					
P	E	C	O	S		D	U	R	A	B	L	E		
		N		D		C		T						
S	E	V	E	R	A	L		S	C	A	R	S		
			L		B		G		E		E			
S	K	E	W		L	O	N	G	F	A	C	E		
	N		O		E		I		I		O			
C	I	R	C	L	E		S	O	R	A	R	E		

GO FIGURE
Easy
7 + 4 + 6 x 1 = 17
Medium
6 - 5 + 4 + 4 = 9
Hard
3 + 2 x 3 / 3 = 5

ALPHA TRIANGLE
A, LA, LAb, Able, Gable, GArble, GAbriel.

LOOP



SUDOKU

8	9	5	3	2	7	6	4	1
1	6	7	8	5	4	9	3	2
4	3	2	1	6	9	7	8	5
9	8	6	4	2	1	5	7	3
2	7	1	5	3	8	4	9	6
5	4	3	7	9	6	2	1	8
7	1	4	6	8	5	3	2	9
3	2	5	9	1	7	8	6	4
6	9	8	3	4	2	1	5	7

MENSA PUZZLE
H: In all the others the outer figure is repeated in the middle

QUOTE UNCODE
Life's tragedy is that we get old too soon and wise too late.

KAKURO

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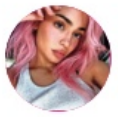


Pink transformation — Kylie Jenner has undergone a major transformation, giving herself a dramatic new look that she first showcased 10 years ago. 'The Kardashians' star has revealed her brand-new bright pink hair on Instagram and TikTok

SANDALWOOD SHOTS
Y MAHESWARA REDDY

How to make a film on making a film

Maththe Maththe (Again and Again) is ready for release. The movie revolves around five journalism students who decide to make a movie. It is directed by Dr Arun Hosakoppa, a lecturer. Maththe Maththe – has the tagline Producer Bekaagidhaare (producer wanted). The added attraction of the movie is a dream song featuring veteran character actor MS Umesh and young actress Sanjjaa Galrani.

"Maththe Maththe is the dream project of Arun Hosakoppa. The story is the hero of the movie. This movie gives a chance for moviegoers to watch Mandeep Rai, Satyajit and Rockline Sudhakar, who have passed away," said Umesh.

Elaborating on the character he plays, Umesh said he is a house owner who is a gynephilic. "I share screen space with Sanjjanaa Galrani for a dream song that reminds of the late Dr Rajkumar," said Umesh. The movie's trailer and three songs were launched at Renukamba Preview Theater on Tuesday.

"I did a diploma in direction at Adarsha Film Institute. I wrote the script for this movie. It is an out and out comedy. I also play a small role. I want to donate 25% of the profit of this film to the welfare of senior artistes who are poor," said Hosakoppa.

Meet Prema, the playback singer

Sandalwood actress Prema has added one more feather in her cap. Prema has become a playback singer for the movie Varahachakram. The movie is being helmed by Manju Maskal Matti, who earned name for handling the megaphone for Manasugala Maathu Madhura in which Haripriya played the female lead. Prema is paired with Sai Kumar in the movie Varahachakram.

"I never expected to get this opportunity. All the credit must go to music director Dr V Nagendra Prasad and movie director Manju Maskal Matti. Prasad happened to hear me singing the song during the shooting of the movie. They wanted well-known playback singer Chithra ma'am to sing this song but later they insisted that I sing it. I completed the rerecording of the song in one hour," says Prema with a smile. When asked whether she would continue singing for films, Prema said she did not know what is in store for her in future. "I am yet to take a call on this," she said.

Manju Maskal Matti makes a comeback after a gap of six years as a director with Kannada movie Varahachakram.

Who's the diva?

Shilpa Shetty thinks it is filmmaker Rohit Shetty

Shilpa Shetty, who will soon be seen in Rohit Shetty's upcoming web series, 'Indian Police Force', is the first female cop of the director's cop universe. The actress recently spilled some beans on working with the filmmaker.

During an interview with Instant Bollywood, Shilpa was asked about what she loved and tolerated about Rohit.

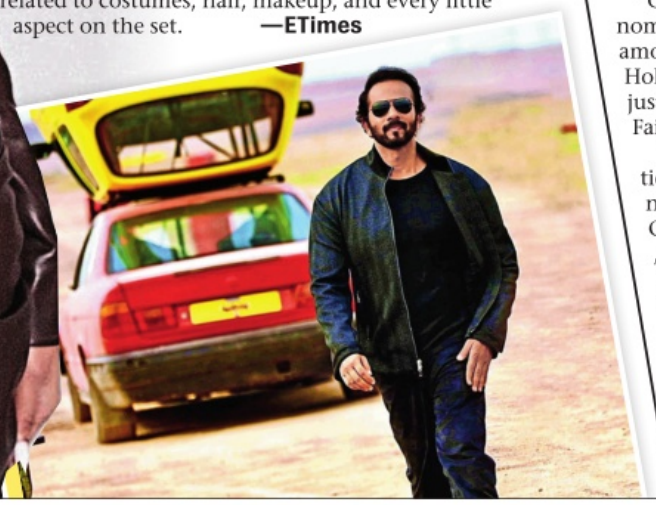
Laughing at the question, she playfully declared it as a "panga" (problem).

Without providing a direct quote, she expressed her admiration for Rohit Shetty, mentioning that she loves the way he presents his actors with tremendous style and swag.

In her chat with Instant Bollywood, Shilpa responded to the question about what she disliked about Rohit Shetty by playfully calling him a diva. She elaborated by stating that between the two of them, he outshines her in the diva department. Shilpa also mentioned that he can be a bit of a tyrant on sets but emphasized that it's a positive quality, contributing to self-preservation.

Earlier, in a conversation with Film Companion, Shilpa discussed the unique working style on Rohit Shetty's sets.

She mentioned that unlike other film sets where actors often spend time rehearsing and deciding on choreography, Rohit takes a different approach. He personally rehearses the entire scene with his assistants and has the actors watch, ensuring they understand what is expected. Shilpa found this method innovative and noted that it significantly saves time on set. She also highlighted Rohit's attention to detail, mentioning his involvement in decisions related to costumes, hair, makeup, and every little aspect on the set. **—ETimes**



Rumour busting

Amid reports of Vijay Deverakonda and Rashmika Mandanna getting engaged in February, sources close to the actors revealed that there is no truth in all these claims.

As per the report in the Hindustan Times, there is no truth in all such claims. They are not at all planning to go public with their romance or to take their relationship to the next level by exchanging rings.

The insider further revealed to the publication that they are very private people.

The duo has not gone public with their romance till now, leaving behind some hints that make people wonder about their bond. The claim about them going for a big revelation and then getting engagements is fake because that is so unlike their personalities.

The source also went on to reveal that they are not thinking about getting engaged because they are living together and don't feel the need to get engaged at the moment. Also, they want to focus on their work at the moment, so they are planning to get engaged anytime soon.

On the work front, Rashmika is currently enjoying the success of her film 'Animal,'. Her upcoming projects include 'Pushpa 2: The Rule,' 'Rainbow,' 'The Girlfriend,' and 'Chaava.' Vijay is gearing up for the release of his films like 'Family Star' and 'VD 12'. **— ETimes**

Huge achievement

Hina Khan says that to be featured in the Oscars 2024 nominations list with 'Oppeinheimer' and 'Barbie' is a huge achievement for her film 'Country of Blind'.

'Country of Blind' is in the contention for the nominations list for the Oscars 2024. Listed among 265 other feature films as reported by the Hollywood Reporter, it stands strong amongst just two other Indian films, '2018' and '12th Fail'.

The list of films in contention for nominations for the best picture award feature prominent Hollywood hits like Barbie, Oppenheimer and Killers of the Flower Moon , all of which have won big awards at the Golden Globes and Critics Choice awards 2024.

Hina shared: "To be featured in the same list as films like Oppeinheimer directed by Christopher Nolan, and Barbie is a huge achievement for our film Country of Blind! This is a moment of pride for the entire team of Country of Blind."**—IANS**